

## Nini cha kufanya ikiwa umetambuliwa kuwa na COVID-19

### Jitenge nyumbani:

- Usiondoke nyumbani, isipokuwa kwa ajili ya kupata huduma ya matibabu. Piga simu kabla ya kumtembelea mtoe huduma ya afya au kitengo cha dharura.
- Watu wengi walio na maradhi yasiyo makali wanaweza kupona wakiwa nyumbani. Wakati ambapo hakuna matibabu mahususi ya COVID-19, unapaswa kupumzika vya kutosha, kunywa vimiminika vingi, na kunywa dawa za kupunguza homa kama itahitajika.
- Kwa kadri iwezekanavyo, kaa katika chumba mahususi nyumbani kwako na utumie choo tofauti. Kaa angalau futi sita mbali na wengine nyumbani kwako wakati wote. Usishiriki vyombo vya nyumbani.
- Tafuta mtu mwengine wa kutunza wanyama uwafugao. Ingawa hakuna wanyama ambao wameripotiwa kuumwa ugonjwa wa COVID-19, watu walio na virusi wanapaswa kupunguza mgusano na wanyama hadi maelezo zaidi yatakapotolewa. Ikiwa utatunza mnyama wako wa kufuga, nawa mikono yako kabla na baada.
- Dumisha mawasiliano na wengine - tumia teknolojia kuwasiliana na marafiki na familia.

### Kusafisha na kuosha kila siku:

- Safisha na utumie kemikali ya kuua viini vya maradhi kwenye chumba na choo chako tofauti. Muombe mtu mwengine asafishe maeneo mengine ya nyumbani kwako.
- Osha vizuri vifaa vya nyumbani, kama vile vyombo vya kulia chakula, baada ya kutumia.
- Nawa mikono yako Mara kwa Mara kwa sabuni na maji kwa angalau sekunde 20. Tumia kitakasa mikono chenye kileo ikiwa sabuni na maji havipatikani.

### Wakati gani wa kupata huduma ya matibabu mara moja:

Ikiwa unapumua kwa tabu, maumivu ya kifua, kuchanganyikiwa, au mabadiliko ya rangi kwenye midomo, ufizi, uso, karibu na macho, au kucha zako, tafuta huduma ya matibabu mara moja. Wakati unapiga simu kwa huduma ya matibabu, mjishe mtoe huduma au 911 kwamba una COVID-19 na umejitenga nyumbani.

### Watu ambao wamekuwa karibu nawe wakati ulianza kuambukizwa wanapaswa kujiweka katika karantini nyumbani - hata kama hawana dalili:

- Watu ambao walikuwa karibu nawe kipindi ulichoanza ulipoanza kuambukizwa, ambacho kinanza siku mbili kabla ya dalili zozote kuanza, na kinaendelea hadi wakati umepona, wanapaswa kuwekwa karantini nyumbani. Wanaweza kurejelea mwongozo wa "[Nini cha kufanya ikiwa umekuwa karibu na mtu ambaye ametambuliwa kuwa na COVID-19](#)". Watu wa karibu na watu walio karibu nawe hawahitajiki kufuata mwongozo (isipokuwa kama wanaonyesha dalili).
- Kuwa karibu kunamaanisha kuwa ndani ya futi sita na mtu kwa muda mrefu. Kuwa karibu hakumaanishi kuwa mbali zaidi ya futi sita katika mazingira sawa ya ndani kwa kipindi cha muda mrefu, kutembea karibu, au kuwa katika chumba kimoja kwa muda mfupi.

Mifano ya kuwa karibu	Mifano ya KUTOKUWA karibu
Unaishi katika nyumba moja	Ulikuwa mshika fedha wao katika duka la vyakula
Wewe ni mwenzsi kwa karibu	Wewe ni mfamasia ambaye alimuuzia mtu huyo dawa
Ulisafiri gari moja na mtu huyo ambaye alikuwa ameanza kuambukiza	Ulikuwa mbele ya mtu huyo kwenye foleni dukani
Mlikula chakula cha jioni pamoja wakati mtu huyo alikuwa ameanza kuambukiza	Wewe ni mfanyakazi mwenzake ambaye ulimtembelea kwa muda mfupi ili kumuuliza swali

Ni salama kuacha kujitenga nyumbani utakapokuwa umepona. Hii ni baada ya mambo **yote** matatu kutokea:

1. Imekuwa siku tatu kamili bila homa na bila kutumia dawa ya kupunguza homa, na
2. Dalili zingine zimeonyesha nafuu, na
3. Angalau siku saba zimepita tangu dalili zako kuonekana mara ya kwanza.

## Tofauti kati ya kujitenga na karantini

	Kujitenga	Karantini
Kwa ajili ya nani?	<p>Watu walio na dalili za COVID-19</p> <ul style="list-style-type: none"> <li>• Kwa watu walio na COVID-19 ambao sio wagonjwa kwa kiasi cha kulazwa hospitalini, au</li> <li>• Kwa watu ambao wanashubiri matokeo ya vipimo</li> </ul>	<p>Watu wasio na dalili za COVID19</p> <ul style="list-style-type: none"> <li>• Watu wa karibu na watu walio na COVID19</li> </ul>
Kwa muda gani?	<p>Hadi kupona, hali ambayo hutokea wakati yote matatu yameshafanyika:</p> <ol style="list-style-type: none"> <li>1. Imekuwa siku tatu kamili bila homa na bila kutumia dawa ya kupunguza homa, na</li> <li>2. Dalili zingine zimeonyesha nafuu, na</li> <li>3. Angalau siku saba zimepita tangu dalili zako kuonekana mara ya kwanza.</li> </ol>	<p>Kwa siku 14 tangu tarehe ya uwezekano wa kuwekwa katika hatari. Siku uliowekwa katika hatari ni Siku ya 0.</p>
Hii inamaanisha nini?	<p>Kukaa katika chumba tofauti ndani ya nyumba, kutumia choo tofauti, kuepuka kuwa karibu na wengine.</p>	<p>Kukaa nyumbani saa zote, kufuatilia dalili na kujitenga na wengine. Ikiwezekana, tumia chumba na choo tofauti. Ikiwa utaanza kuonyesha dalili, watu waliokuwa karibu nawe wanapaswa kujiweka katika karantini.</p>

Maelezo zaidi yanapatikana kwenye tovuti yetu: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

## What to do if you are diagnosed with COVID-19

### Isolate at home:

- Don't leave home, except to get medical care. Call ahead before visiting a health care provider or emergency department.
- Most people with mild illness can recover at home. While there is no specific treatment for COVID-19, you should get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
- As much as possible, stay in a specific room in your home and use a separate bathroom. Stay at least six feet away from others in your home at all times. Don't share household items.
- Have someone else care for your pets. Although no animals have been reported to get sick with COVID-19, people with the virus should limit contact with animals until more information is known. If you do care for your pet, wash your hands before and after.
- Stay connected with others – use technology to communicate with friends and family.

### Daily cleaning and washing:

- Clean and disinfect surfaces in your separate room and bathroom. Have someone else clean the other areas of your home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

### When to get medical care immediately:

If you have difficulty breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you have COVID-19 and are isolating at home.

### People who have been in close contact with you while you were infectious should quarantine at home – even if they don't have symptoms:

- People that were in close contact with you during your infectious period, which starts two days before any symptoms began, and continues until you have recovered, should quarantine at home. They can refer to the "[What to do if you are a close contact of someone who is diagnosed with COVID-19](#)" guide. Close contacts of your close contacts do not need to follow the guidelines (unless they have symptoms).
- Close contact means being within six feet for a long time. Close contact does not mean being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room.

Examples of close contacts	Examples of NOT close contacts
People living in the same home	Cashier at the grocery store
Intimate partners	Pharmacists who gave you medication
People who rode in the same car while you were infectious	The person in front of you in line at the store
Friends who had dinner together while you were infectious	Coworker who briefly walked by to ask a question

**It's safe to stop home isolation when you've recovered. This is when all three things have happened:**

1. It's been three full days of no fever without the use of fever-reducing medication, and
2. Other symptoms have improved, and
3. At least seven days have passed since your symptoms first appeared.

#### Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none"> <li>• For people with COVID-19 who aren't sick enough to be hospitalized, or</li> <li>• For people who are waiting for test results</li> </ul>	People with no symptoms of COVID-19 <ul style="list-style-type: none"> <li>• Close contacts of people with COVID-19</li> </ul>
For how long?	Until recovery, which happens when all three have happened: <ol style="list-style-type: none"> <li>1. It's been three full days of no fever without the use of fever-reducing medication, and</li> <li>2. Other symptoms have improved, and</li> <li>3. At least seven days have passed since your symptoms first appeared.</li> </ol>	For 14 days since the date of possible exposure. The day of the exposure is Day 0.
What does it mean?	Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.

More information is available on our website: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)